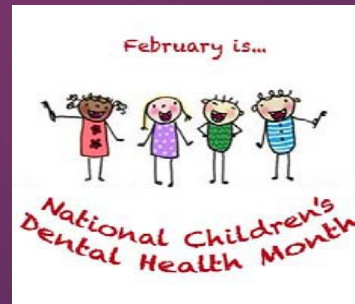


Sippy Cups and Your Child's Teeth



Presentation 4

Why worry about sippy cups?

- ▶ Tooth decay can occur when a baby is put to bed with a bottle.
- ▶ Infants should finish their naptime or bedtime bottle before going to bed.
- ▶ Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a sippy cup by their **first birthday**.

Tips on Sippy Cups

- ▶ Don't let your child carry the sippy cup around. Toddlers are often unsteady on their feet. They take an unnecessary risk if they try to walk and drink at the same time. Falling while drinking from a sippy cup has the potential to injure the mouth.
- ▶ A training cup should be used temporarily. Once your child has learned how to sip, the sippy cup has achieved its purpose. It can and should be set aside when no longer needed.

Tips on Sippy Cups

- ▶ For sipping success, carefully choose and use a sippy cup. As the first birthday approaches, encourage your child to drink from a sippy cup. As this changeover from baby bottle to sippy cup takes place, consider the following:
 - ▶ Children between 1 and 2 years of age should only drink milk, water, and up to four (4) ounces of juice a day
 - ▶ Sippy cups should only be available at meal times
 - ▶ Your child should not carry the sippy cup around